

6 WEEK NAVY SEAL WORKOUT ROUTINE: SPEED, STRENGTH & ENDURANCE

Do you have what it takes to tackle this introductory Navy SEAL training plan? You'll build functional strength, speed, and endurance with this 6-week workout routine.

Link to Workout: <https://www.muscleandstrength.com/workouts/6-week-navy-seal-workout-routine>

Main Goal: General Fitness
Training Level: Beginner
Program Duration: 6 Weeks
Days Per Week: 4 Days

Time Per Workout: 60-75 Mins
Equipment: Barbell, Bodyweight, Dumbbells, Foam Roll
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Warm Up

Exercise	Sets	Reps
Push-Ups	1 - 2	20
Deep Bodyweight Squats	1 - 2	20
Lying Ab Windshield Wipers	1 - 2	10 per side
Walking Lunges (long stride)	1 - 2	20 paces
Inverted Rows	1 - 2	10
Jump Squats	1 - 2	10
Side Lunges	1 - 2	10 per side

Day 1: Speed & Agility

Exercise	Warm Up Sets	Work Sets	Rest
Speed & Agility			
Sprints (at least 20 yards)	3 min jog	5 rounds*	2 mins
Timed Shuttle Run (at least 10 yards)		5 rounds*	1 - 2 mins
Superset: Reverse Grip Chin-Up & Flat Bench Barbell Press		3 x 8 - 12	1 min per set
Superset: Dumbbell Shrug & Hyperextension		3 x 8 - 12	1 min per set
Superset: Floor Crunch & Bent-Knee Hanging Leg Raise		3 x 15 - 20	No Rest
3-5 mile Jog at a Steady Pace			
* All Out Effort			

Day 2: Power

Exercise	Warm Up Sets	Work Sets	Rest
Power			
Jump Squats or Box Jumps	1 x 10	4 x 10	30 secs
Barbell Clean and Press	2 x 12 - 15	3 x 5 - 8	60 secs
Plyo (hand clasp) Push-Up	1 x 10	3 x 5 - 8	30 secs
Explosive Single Arm Dumbbell or Kettlebell Flat Bench Press		3 x 5 - 8	60 secs
Explosive Bent-Over Dumbbell Row	1 x 12	3 x 5 - 8	60 secs
3-Way Plank*		1 set	
Sprint Intervals: Total of 8 Sprints with One Minute Rests			
* Alternate from side, middle to other side without rest (10secs each)			

Day 3 : Strength

Exercise	Warm Up Sets	Work Sets	Rest
Strength			
Barbell Floor Deadlift or Barbell Back Squat	3 x 8 - 12	4 x 5	2 mins
Seated Leg Curl or Romanian Deadlift	1 x 12	4 x 5	2 mins
Superset: Inverted or TRX Row & Plyo Push-Up		3 x 10 - 15	1 min
Superset: Incline Bench Dumbbell Press & Wide-Grip Pull-Up	2 x 12	4 x 5 - 8	1 min
Superset: Hanging Leg Raise & Planks		3 x 15 - 20 & 20 - 30 sec for planks	No Rest
3-5 mile Jog at a Steady Pace			

Day 4: Hypertrophy & Muscular Endurance

Exercise	Warm Up Sets	Work Sets	Rest
Strength			
Superset: Standing Barbell Shoulder Push Press & Rear Delt Rope Pull	2 x 12	4 x 10 - 15	No Rest
Bulgarian Split Squat	2 x 12	4 x 10 per leg	30 secs
Superset: Standing Barbell or TRX Curl & Parallel Bar Tricep Dips	1 x 12	4 x 10 - 15	No Rest
Superset: Feet-Elevated Push-Up & Single Leg Calf Raise		3 x 10 - 15	No Rest
Superset: Incline 3-Way Sit-Up & Lying Leg Raise		3 x 15 - 20	No Rest
Sled Pull or Drag or Farmer's Walk		3 lengths	1 min

Day 5: Optional Full Body Conditioning

Exercise	Sets	Reps
Push-Ups	3 - 5	20
Prisoner Squat	3 - 5	20
Pull-Up	3 - 5	10
Walking Lunge	3 - 5	10 per leg
Triceps Bench or Parallel Bar Dip	3 - 5	10
Short Sprint	3 - 5	Varied Lengths
Ab Crunch	3 - 5	20
* End with 3-5 mile Jog at Steady Pace		